



Lifespan Respite at Work in Montana



Respite is a Nice Break

Dad came to live with us in July of 2004. A short while later, we moved to Montana from Iowa to be closer to our daughter, her husband and kids. We lived near Helena for over nine years. Dad had a stroke three weeks before he turned 100 and was in rehab for a month. I quit my job to take care of him in March of 2013. In the Fall of 2013 my daughter and family moved to Libby. We moved there in the Spring. We didn't know many people so the help I received with Dad was from my daughter or my husband. I would get a few hours once in a while to get groceries and run errands. My sister has also been trying to come here 3 or 4 times a year from

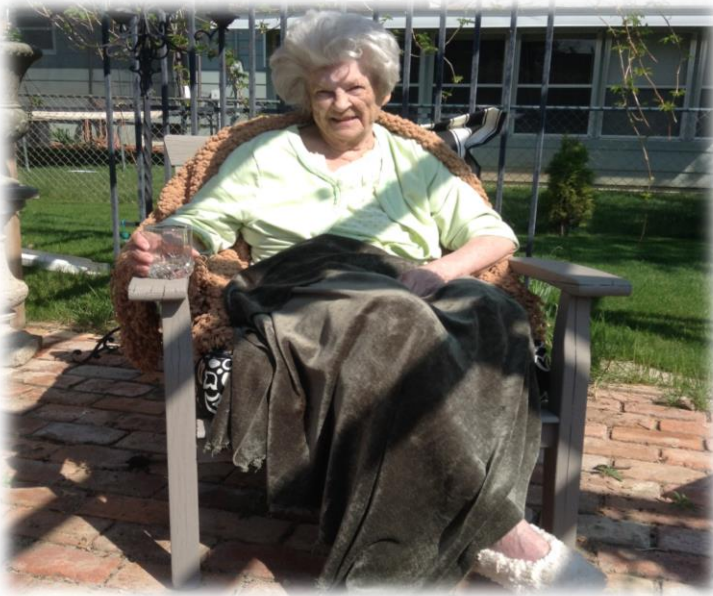
Denver to give me a break. Dad requires care 24/7 as he gets confused. He doesn't travel much. He won't nap while we are driving because he doesn't want to miss anything! He also gets worn out. Dad, who is now 103, and I get out on Tuesday and Thursday mornings to go to the athletic club here in town. They have a senior fitness class that we take. We've enjoyed meeting new people there and Dad is the oldest member. We also get out to church on Sundays and have met some nice people there. We take care of the four grandkids, ages 5 to 11, on Tuesdays and Thursdays, while my daughter works. They keep things lively while they are here. We had our first Respite Care in February 2016. It has been so nice as it gives my husband and me a chance to do a few things together. JR, our respite provider, comes once every 2 weeks for 4 hours. He enjoys visiting with Dad and Dad has a good time showing him his old photos. Dad loved to hunt and fish so he has a lot of stories to tell.



Finally, a Solution

I have partnered with DEAP to use the respite services in order to help me with my ten-year-old daughter. My daughter is disabled and has several diagnoses which have limited the use of my time. With the help of the Respite services I was able to have some time to train for a race at the gym. When my whole day is nothing but work and then I come home to work there leaves little or no time for some healthy exercise and stress relief. I was able to obtain this with the help of the respite program. A regular healthy exercise gives me more energy to maintain daily. The problem is that my daughter has been kicked out of most day cares because of her disabilities and it is hard to find a company to help me. I found a person who can come to my home that my daughter has connected with and I can only use her if there is to be little to no issues while I am gone. The way the respite program is designed allowed me to use her and afford the care. Thank you respite! We truly love what you do for us in the community.

Michael, single dad



Thank You

“Thanks to your program, I am able to keep my Mother in my home, to live out her years. After 6 years – gave me the chance to get away for a few days, to visit other family. I am grateful for the financial gift your program offers, as caregiving requires much patience. Thank You for blessing both of us!”

Lilly, "Caregiver and daughter"

Comments from Satisfaction Surveys

“I have been a caregiver for 4 years now and have really felt worn out and the Respite program is helping me! Thank you so much for this program as it has opened doors for me to meet other caregivers like myself.”

- Wife caring for husband with Traumatic Brain Injury that believes her family poisoned him, they have no family or friends around

“Even if I only get away for 24 hours and do what I haven’t in months, it seems to calm the overwhelmed feelings that I get and helps with emotional and stress---THANK YOU.”

- Grandmother raising grandchildren with behaviors

“Loved your program. It was great to be able to have time for me after 4 years.”

- Non-relative caring for lady with Alzheimer’s

“With the Montana Lifespan Respite is a wonderful program. It helped our family so much in the time of need not only with financial but with stress free, less depression, less anxiety, not being so tired, not feeling that things are not getting done in the household. Thank you so much for the help”

- Care Recipient with 3 kids that has seizures and cancer, caregiver takes care of her and the children so husband can work.

“I am so very grateful for this program. I have been by my husband’s side nonstop for 8 years and prior to that tending to his medical limitations since 1995. God Bless you and this program. It was the very first time I felt comfortable leaving him. His good friend for over 40 years drove from California to help me and my husband. If he hadn’t come, I wouldn’t have been able to see my sister and to see her daughter get married.”

- Caregiver and husband live in remote area, hard to find providers, husband has Traumatic Brain Injury, Dementia, Chronic Pain and Hallucinations

“I can’t say enough for Lifespan Respite. When I signed up I was at my wits end. Just looking forward to the next time actually calms me because I know I don’t have to deal with behaviors and the constant attention that I have to give. Thank you.”

- Grandmother has kinship guardianship of her 2 grandchildren that have a fear of her leaving

“Montana Lifespan Respite Care was one of the only agencies that I was able to get help from. What a lifesaver. I can’t thank you enough.”

- Daughter caring for 91-year-old mother with Chronic Kidney Disease

“This program is amazing, it allowed me to focus on myself and allowed my son to get one-on-one physical interaction with someone who understands how to work with his disability.”

- Mom of 2-year-old with Autism

“Receiving respite helped me to de-compress and have conversations with people who are aware of what the conversation is about.”

- Daughter caring for Mom with Dementia and has had a stroke

